Patriotic Plane Now

ream, but beyond that age it is better to omit cream and butter. At luncheon, coarse vegetables, like oab-

possible, and the setting-up exercises should be repeated before going to

the young, fish or fowl may be per-mitted in addition to the two eggs daily It is only by intelligent die

FOUR HELP JAIL PRISONER

"Trusty" in Jefferson Market

Rushed Away in Taxi as Outsider

Gives Alarm.

Harry Casey, twenty-eight, of No.

hole of the coal cellar by four friends to West Tenth Street and departing

Edward Baisley, employed in

later he a w three men with a light,

wall. He excused himself and went

through a side door to the prison

sawed and the cover removed.

The healthu

Man's Night Cap

You will feel better, look better and prolong your life. One of the best layaffees ever put on the market — Keticely Vegetable.

We have customers who have taken them for twenty years or more and would not be without them.

One trial will convince you.

AT TOUR NEAREST DRUG STORE

O OR O O at Make

To Relieve Catarrh Catarrhal Deafness And Head Noises

Persons suffering from untarghal neaf-tees and head holes will be gird to know that the districting afflection can usually be successfully treated at home-ty an internal nealtene that in many instances has effected complete relief after other treatments have failed. Buf-nears who could sourcely hear have had been hearing resident to such an extent hat the tiek of a verter was plantly audi-the sevent or wight mount over property audi-ing the property of such as the country of a translated with mount of sources who a translated with mount of sources who attended with mount of sources had hand a like heard and mount one from the

was collected over the second of the consider from your found and the consider from the land of the consider of the land of th

the drain but to correct any excess of teenth Street. Inability to pay his exceptions in the middle ear, and the recommend in the middle ear, and the recommend in the middle ear, and the recommend in the believed to have prompted in the property person who has catarth in any limit of the parkway. Brooklyn, be not find of his death.

Internally Flurt and Skull

An engine and a hook and ladder ompany were called to-day to rescue Jerry Murray, thirty, a postal clerk "At living at No. 1529 Brooklyn Avenue, Brooklyn, from the subway excavation at Nortrand Avenue and Ave

He was on his way to the Vander-veer Park Station when he feil imough a hole in the plank covering of the excavation. He dropped forty test and fell in such a way rescue rest and fell in such a way rescue; could not reach him. Engine von-pany No. 228 and a hook and ladder company were summoned and low-ered ladders.

Pelicenen Stone and Wegge went down and brought Murray to the street inconscious. He was taken to the Kings County Hospital with a

consible fracture of the skud and in-ternal injuries. The excavation a part of the Nostrand Avenue subvey extension.

that No Room Rent, So Ended Life. Isidore Heller, thirty years old, ended his life early to-day by inhaling gas in his room at No. 218 East Thir

Fat People Are Not Fit; Efficiency Problem on Murray Is Brought Out by Firemen,

This Time," Says Dr. Desire M. Dunn, "When the National Crisis Calls for the Best in Us All, It Should Be a Duty to Bring Ourselves Up to the Highest Physical Plane."

By Nixola Greeley-Smith.

On what plane are you living? (You have a choice of three-low, molium or high. The average sedentary man lives in the middle plane,

the you hving? (100 man lives in the middle plane, of allow eggs and meat to women under thirty-five. After that I do not give them meat for luncheon if eggs that answer to this question may be found in an inaver been eaten for breakfast. To article, "Get Fat-and Die," by Dr. George Van Ness Dearborn of the Sargent Normal School, Cambridge, Mass., published in the Interstate Medical Journal. and regular exercise that women can keep fit." Dr. Dunn added: "These overweight women we see in New

People are fat, Dr. Dearborn says, because they take in more energy than they give out. Some people, he

believes, are born fat, others achieve fat and still others have fatness thrust upon them.

"With those who, in scientific fact, are born fat, our immediate interests can have no quarrel; rather must we quarrel with these unfortunate forebears. Pathomodoubtedly looks more and more as if it were due to both the second of the faculty."

"We did thinking they get away with it will change their minds when they get to be fifty-five or sixty.

"I agree with everything Dr. Dearborn eavy in 'Get Fat and Die.' He was my professor at Tufts College and was one of the brightest members of the faculty." ogical obesity undoubtedly looks more and more as if it were due to some still unknown defect in the metabolic apparatus. But, after all, folk born fat are patients for the physician.

"The great and culpable majority of the obese achieve their uncomplimentary fatness. These people, or most of them, are quite needlessly unhappy because inefficient, and, if they persist, as needlessly short-lived. THE THREE PLANES OF PHYSI-"

GAL EFFICIENCY.

Underlying the matter, says Dr. Dearborn, is the doctrine of the metabolic planes of efficiency, sunmarized in the New York Medical Journal: "We can have a high or low plane of efficiency; and we can be in a low, medium or high plane of efficiency and he physiologically correct.

"Let us consider a moment, first, the lowest plane of efficiency of the all is well and physiologically cerpormal individual. We find an illustration in a person who is just recovering from an exhausting illness, such as typhoid fever or pneumonia, or a severe childbirth. Such a person is on the lowest plane of efficiency.

'So long as expenditure of energy does not exceed the intake of nutrient, or vice versa, that is a normal

A FINE TREATMENT FOR WRINKLES AND DRY FADED SKIN

Women whose skin is wrinkled, sallow, dry, faded and rough can easily and quickly change this condition by an easy, inexpensive home Dearborn's opinion. treatment. Go to any first class drug store or department store, purchase treatment is all that is necessary, and the results are apparent almost at once. The skin which has lacked proper nourishment quickly absorbs the pure nut oils of which Usit is department of the Life Extension Institute at No. 25 West Forty-fifth compounded, and they supply just stitute at No. 25 West Forty-fifth the food and nourishment required Street. She is herself an example of a to restore smoothness, plumpness and human muchine kept always at the natural color, and drive away the highest point of efficiency. In addiworry and cause of embarrassment finds time to ride horseback, run a to women who want to look well. To motor car and a thirty-foot boat, most people the presence of wrinkies on a woman's face means that her routh is past, but thousands of really evenings a week with the American

routh is past, but thousands of really young women who have wrinkles which come from a poorly nourished skin can just as well look their real age, or younger, if they will take care of their complexions.

It is not a paste or cream, but a liquid in hottles, so clean and daintily perfumed that it is a pleas ure to use it. Get a bottle to-day and see how quickly it improves the appearance of your skin. It is positively guaranteed not to cause the slightest hair growth. It is also a splendid treatment for freekles, which beset us as individuals—girth, sloth, softness. We must get rid of these things.

WHAT THE PATRIOTIC WOMAN COULD DO. splendid treatment for freckles, blackheads and many forms of

condition so far as metabolism is concerned. If a person takes too much nutriment, more than his organism uses, he 'suffers from the lack of exercise, and many different things. more or less serious, result from this lack. The same thing might be true 428 West Fortleth Street, a "trusty." in a very sedentary person, such as a assistant night engineer in the Jeffer. clerk at a desk. His intake and out. son Market Prison, escaped early togo of energy must be equal, and then day by being hauled through the man rect from a clerk's standpoint.

"The middle plane of efficiency is in a taxicab. The police say Casey the average condition of the average was serving a year and a half for sedentary man and of most women, violation of the Sullivan law, Clerks in dry goods stores, bookkeepers and all sorts of people who are bakery across the street, was asked still most of the time, and who never by four men shortly before the escape think of taking exercise for the sake where they could get a taxicab of exercise, would fall under this Three left and one remained to class, as would also many profes- engage him in talk. A few minutes sional folk.

TO REACH HIGHEST PLANE A apparently examining the prison PATRIOT'S DUTY.

eight that one cannot be fat and live on the highest plane. And, less the he-was waiting for an answer to the overweight person take comfort in the bell he saw a taxivab containing thought that doctors disagree on the several men leave the corner. subject, let me add that New York (astening the manhole cover had been

"It is impossible to be fat and "to keep fit, and at this time, when the bottle of Usit and rub a little into national crisis calls for the best in the skin for a few moments each us all, it should be a patriotic duty to night before retiring. This simple bring ourselves up to the highest

hideous wrinkles which are such a tion to her professional duties she swim, fence, play tennis and delli two

COULD DO.

No woman should rise later than 7 PATRIOTISM TO RULE No woman should rise later than 7 in the morning, If sho goes to an office she should get up at half past six. On rising she should do setting-up exercises for fifteen minutes. Then bothe and breakfast For breakfast she may have two poached eggs, cereal mixed with bran, and one cup of coffee or weak toa. If she is under thirty-five sne may have cream, but beyond that age it is bet-AT BIG MINSTREL SHOW anna bad ninggagagagaga a gang

iuncheen, coarse vegetables, like cab-bage, spinech, Brussels sprouts, &c., with bran bread, make a good meal. I wish we could go back to the old custom of calling the midday meal dinner and the evening meal supper. What we now call luncheon should be the heaviest meal. We due much too late. Dinner or supper should be caten not later than 6 o'check. Wom-en should take some exercise in the open air; at lunchtime, when it is possible, and the setting-up exercises

KATHLEEN OLEARY.

The Military Minstrel Show to b given at the Bayside Casino, Sheeps head Bay, this evening, will be the finest ever promoted by the Young Men's Benevolent Society.

Rear Admiral R. N. Usher, commanding officer at the Navy Yard will be represented by an officer of his TO ESCAPE BY COAL HOLE staff, and a detail of twenty-five bluejackets will also be honored guests Every house in Sheepshead Bay will be decorated, and every able-bodied be decorated, and every able-bodied citizen and citizeness will be at the rallroad station at 7.50 P. M. to escort the naval visitors to the Bayaide Casino, each one carrying a flag. Lorraine Baird, Kathleen O'Leary, Happy Gordon and John J. Pullman are some of the principal soloists, and there will be an old-fashioned minstrel show of high quality. Three of Patrick Sarafield Glimore's hree of Patrick Sarafield Olimore's

famous old musicians will assist-Messrs, William Shuize at the plane; Rudolph Gewert, cornet, and Capt. Al Stercks, flute. AT SHEEPSHEAD BAY

PLYMOUTH CHURCH JUBILEE. Observes Its 70th Anniversary With a Week's Crieffordion.

Plymouth Congregational Church,
Brooklyn, began yesternay a week's
celebration of the seventieth anniversary
of its foundation. A special service was
held last night at which Dr. Hillis, the
pastor, spoke on "What Plymouth Has
Stood For."

A musical programme has been arranged for to-morrow evening, when
Leon Dabo and Bruno Huhn will appear.

Leon Dubo and Brune Huhn will appear.

The anniversary dinner will be given in the church parlors Thursday night. Dr. Lyman Abbott will be the principal speaker. Friday night a special service will be held with addresses by Gen. Horatio C. King, Dr. Rossiter W. Raynond, Mrs. Amelia K. Wing, F. W. Starr and John R. Howard. The celebration will end next Sunday night with a fraternal service.



CHICAGO DETROIT

Lane Bryant Announce

For Tuesday, Wednesday and Thursday

Millinery Clearance

Due to our delayed opening, we have accumulated a stock of smart, practical hats, matronly as well as youthful designs, which we will offer at the following reductions.

Hats were 12.00 to 15.00 NOW 7.50

Hats were 15.00 to 20.00 NOW 10.00

Hats were NOW 15.00

Stern Brothers

West 42nd Street Between 5th and 6th Avenues

West 43rd Street

Spring Display in the Upholstery Sections of Novelty Fabrics for Window Curtains

Figured and Coin Dot Muslins, yard 18c to 70c Plain and Fancy Bordered Scrim, 19c to 70c Colonial Nets, cream and colored, White and Cream Madras, " Colored Madras and Sunfast Cloth, " 35c to 3.25 Drawn Block and Filet Bordered Voile, etc., "

Special Order Lace Department

Real Lace Motifs in various shapes and sizes in Filet, Cluny and Venise for Curtains, Panels, etc.; Laces and Insertions, including Wide Strips for Vestibule or Panel Curtains; Century Old Lace Strips for decorative hangings; Embroidered Pouches, Cushion Slips, Candle Shades and Tea Scarfs, Chair Backs, Centrepieces, etc., in Filet and Cluny combinations.

Designing of Lace Curtains, Spreads and Boudoir Fittings is a special feature of this section.

Linen Satin Damask Table Cloths & Napkins

An Important Sale To-morrow, at Extreme Price Concessions.

Satin Damask Table Cloths, . . at \$2.95, 3.75 and 4.75 Usually \$3.95 to 6.25 each

Satin Damask Napkins. . . at \$3.50, 4.50 and 5.50 Usually \$4.50 to 7.85 a dosen

Huck Towels, Hemmed, dos. \$1.95, 2.50, 3.25 Hemat'd, dos. \$2.75, 3.50, 4.50 Turkish Bath Towels.

Madeira Hand Embroidered Tray Covers, each 250 Luncheon Sets, 13 pcs., ... set \$3.45 dosen, - - \$2.75, 3.25, 4.75 Afternoon Tea Napkins, dos. \$5.40

Summer Blankets, Comfortables. Muslin Sheets and Pillow Cases

Presenting as opportunity to secure seasonable hed coverings at unusually low prices

White Blankets (Pink and blue borders)

Comfortables (Double Bed Size)

Single bed size, pair \$4.50, 5.25 Figured Silkoline, plain borders, 1.85 Double bed size,... " \$5.00, 6.75 Printed Chiffon, floral designs, 3.50 Extra large size, ... " \$6.25, 7.75 | Figured Satin, plain borders, at 5.95

Fancy Colored Blankets, double bed size, at \$2.50 each

Muslin Bolster Cases Muslin Pillow Cases 24c Hemmed. 16c 14c Hemmed, 17c 52e Hemstitched, 19c 28c | Hemstitched, 55c 620

Single size Three quarter Double size Hemmed, 62c, 73c 83c, 98c 1.05, 1.28 Muslin Sheets Hemstitched, 63c, 78c 88c, 1.05 1.10, 1.38

Get Your Free Trial

Package Before It's Too Late

Clip the coupon from our advertisement in

vesterday's (Sunday's) newspapers, take it to your

grocer and get a 6 oz. Trial Package of 20 Mule Team

lorax Soap Chips absolutely free. The Soap Chips remove every

particle of grime, dirt and steins and leave your clothes snowy white and sweet smelling. It's the Boron in these Chips that helps

MULE TEAM BORAX SOAP CHIPS

can be safely used for washing the most delicate fabrics because they do not contain any harmful ingredients—just pure Borax and pure soap in the tested proportion of one to three parts. Will not injure the hands. ANSOZ, package of 20 Mule Team

Borax Soap Chips is equal to 20c worth of ordinary laundry soap.

20 Mule Team Borax

Absolutely the best Borax for kitchen, laundry and bath-room. Always look for the picture of the famous 20 Mules on

Sold by all good dealers

Books and a first service of the ser

every package of both these products.

To make genulue, old feshioned soft sosp, good for all ousehold purposes, add one quart of boiling water to two seping tablespoonsful of 20 Mule Team Borax Sosp Chips.

In the prevention of disease the work of the deatist is fully as important as that of the doctor. Indigestion and constipation frequently disappear after the dentist has put his patient's mouth in order. Rheu-matism is often cured by the removal of an abscess

from the root of a decayed molar, where unseen it had been sending a stream of disease germs throughout the Your dentist can serve you not only by filling cavities, and so removing sources of infection, but by telling you how to care for your teeth at home how to use a tooth brush, and what to expect from a dentifrice.

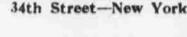
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Ask your deuties about The S. S. White Doctal Man-utacturing Company—and S. S. White Tooth Pasts. Your druggest has it. Sign and mail the coupon below for our booklet, "Cood Teeth; How They Grow And How To Keep Them." THE SS. WHITE DENTAL MFG. COMPANY

MOUTH AND TOILET PREPARATIONS
IN SOUTH IZWET. PHILADELPHIA COUPON Forms and me a aren't "Good Tooks Them." size a sample toke if K. S. White Took Years.



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Another Extraordinary Dress Sale

For Tuesday, April 10th

325 Silk Afternoon Dresses

Also 175 Serge Dresses

An additional accumulation from our regular stock, all this season's models.

About \$28 Women's and Misses' Dresses of Crepe de Chine, Chiffen Taffeta, Satin and combinations. Also 178 High Cost Serge Dresses

Regular \$5.00, 39.75 and \$5.00 Values

Reduced to 15.00

None Sent C. O. D. No Approvals. No Exchanges.

OPPENHEIM, CLLINS & C

